

# **Wellness Forum Agenda**

Wednesday, November 9, 2005

<b>8:30 – 8:45</b>	<b>Greeting by Dr. Dwelle, State Health Officer</b>
<b>8:45 – 9:00</b>	<b>Opening remarks by Sparb Collins, NDPERS Executive Director</b>
<b>9:00 – 9:30</b>	<b>Overview of NDPERS Employer Based Wellness program &amp; Application Process – Pam Binder, Benefit Programs Specialist</b>
<b>9:30 – 9:45</b>	<b>Wellness Programming Examples – Pam Binder, Benefit Programs Specialist</b>
<b>9:45 – 10:00</b>	<b>Break</b>
<b>10:00 – 10:15</b>	<b>Wellness Benefit &amp; Application Process by Kathy Allen, Benefits Program Manager</b>
<b>10:15 – 10:30</b>	<b>Smoking Cessation Program by Kathy Allen, Benefit Programs Manager</b>
<b>10:30 – 11:00</b>	<b>Health Dialog Resources by Mary Monte, Health Dialog</b>
<b>11:00 – 11:30</b>	<b>Five-a-day Program by Karen Ehrens, Project Coordinator</b>
<b>11:30 – 12:00</b>	<b>Overview of Healthy North Dakota Initiative by Melanie Metz, Altru Health Systems</b>
<b>12:00 – 1:15</b>	<b>Lunch</b>

<b>1:15 – 2:45</b>	<b>BCBS Wellness Education Programs – Judy Hansen, Member Education Consultant</b>
<b>2:45 – 3:00</b>	<b>Break</b>
<b>3:00 – 3:15</b>	<b>Overview of DOT Wellness Program by Tim Garey, Human Resource Officer</b>
<b>3:15 – 3:45</b>	<b>Overview of UND Wellness Program by Laurie Betting, UND Wellness Center</b>
<b>3:45 – 4:15</b>	<b>Questions and Closing Comments</b>